



## Phoenix Striders, EWT & Enovert Thameside 10 for 10

### 10k – 14/05/2023 – Results

Place	Time	Name	ID	Cat	Gender	Club
1	00:40:46	David Hawkins	584	Senior	Male	
2	00:41:23	Richard Bonham	507	Veteran	Male	Castle Point Joggers
3	00:41:57	Perry Cordery	508	Veteran	Male	Phoenix Striders
4	00:42:35	Peter Stalley	549	Veteran	Male	
5	00:42:47	Alan James	621	Senior	Male	Phoenix Striders
6	00:43:07	Joanna Bolton	574	Veteran	Female	Billericay Striders
7	00:43:30	Thomas Jones	616	Veteran	Male	Phoenix Striders
8	00:43:59	Jamie Enever-Dodd	506	Veteran	Male	Phoenix striders
9	00:44:38	Martin Orford	604	Veteran	Male	Pitsea RC
10	00:44:52	Paul Agastina	575	Veteran	Male	Pitsea RC
11	00:44:59	Siobhan Critchley	595	Senior	Female	
12	00:44:59	Neil Hubbard	582	Veteran	Male	Leigh on Sea Striders
13	00:45:05	Thomas Blows	570	Senior	Male	
14	00:45:21	Kamil Tyrala	601	Veteran	Male	Thurrock Harriers
15	00:45:21	Jack Howes	558	Senior	Male	
16	00:46:29	Jimmy Justice	545	Veteran	Male	Phoenix Striders
17	00:46:48	Steven Blows	569	Senior	Male	
18	00:46:50	Michelle Lane	578	Veteran	Female	Leigh on Sea Striders
19	00:46:59	Leonie Nalcioglu	599	Veteran	Female	Thurrock Harriers
20	00:47:05	Paul Hurn	622	Veteran	Male	Thurrock Nomands
21	00:47:07	Wayne Lewis	577	Veteran	Male	
22	00:47:57	John Coates	579	Veteran	Male	
23	00:47:57	Tom Walker	564	Veteran	Male	
24	00:48:04	Geoff Dorling	619	Veteran	Male	
25	00:48:16	Colin Jones	550	Veteran	Male	Barking Road Runners
26	00:48:22	Kristina Read	606	Veteran	Female	Phoenix Striders
27	00:48:31	Tony Agg	603	Veteran	Male	Billericay Striders
28	00:48:52	Lee Hazelwood	605	Veteran	Male	Phoenix Striders
29	00:48:56	Serena Jones	615	Veteran	Female	Phoenix Striders
30	00:49:08	Neil Colley	614	Senior	Male	Phoenix Striders



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31	00:49:12	Michael Summers	521	Veteran	Male	Phoenix Striders
32	00:49:16	Gary Shade	530	Veteran	Male	Thurrock Nomads
33	00:49:28	Michael Welsh	563	Veteran	Male	
34	00:50:15	Scott O'loughlin	531	Veteran	Male	Phoenix Striders
35	00:51:07	Sarah Jane Appleton	586	Senior	Female	
36	00:51:09	Karen Heard	544	Veteran	Female	Phoenix Striders
37	00:51:31	Emma Spooner	590	Veteran	Female	
38	00:51:39	John Sheppard	540	Veteran	Male	Phoenix Striders
39	00:51:48	John Balham	618	Veteran	Male	
40	00:51:59	Jochen Tree	534	Veteran	Male	
41	00:52:52	Simon Balmford	585	Veteran	Male	
42	00:52:53	Meena Mitra	593	Veteran	Female	
43	00:53:02	Paul Bottjer	607	Veteran	Male	Phoenix striders
44	00:53:07	Andrew Dobson	623	Veteran	Male	
45	00:53:22	Innocent Mupati	592	Veteran	Male	
46	00:53:23	Dean Blackwell	594	Veteran	Male	Fordy Runs Running Club
47	00:53:43	Clowance Lane	526	Veteran	Female	Metropolitan Police AC
48	00:53:55	Anthony Ford	548	Veteran	Male	
49	00:53:59	Joel Davies	501	Veteran	Male	
50	00:54:07	Darren Hallissey	556	Senior	Male	
51	00:54:08	Duncan Russell	510	Veteran	Male	Phoenix Striders
52	00:54:09	Adam Cooper	525	Senior	Male	
53	00:55:03	Leigh Still	613	Veteran	Male	
54	00:55:16	Allison Tynan	610	Veteran	Female	Leigh on Sea Striders
55	00:55:20	Simon Lambert	562	Senior	Male	
56	00:55:21	Ben Jiggins	561	Senior	Male	
57	00:55:29	Scott Burgess	598	Senior	Male	Rochford Running Club
58	00:55:31	Tony Oliver	573	Veteran	Male	
59	00:55:32	Peter Emery	529	Veteran	Male	
60	00:55:35	Jon Wood	600	Veteran	Male	Rochford Running Club



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Place	Time	Name	ID	Cat	Gender	Club
61	00:55:41	Kaya Smith	552	Senior	Female	
62	00:55:42	Richard Mabbitt	505	Veteran	Male	
63	00:56:02	Dean Oliver	571	Veteran	Male	
64	00:56:07	Laura Heard	543	Veteran	Female	Phoenix Striders
65	00:56:16	Richard Mean	572	Veteran	Male	
66	00:56:29	Roma Sands	596	Senior	Female	Phoenix Striders
67	00:56:49	Emma Beardsell	502	Veteran	Female	
68	00:57:01	Graeme Silcock	509	Senior	Male	
69	00:57:16	Mark Holmes	512	Veteran	Male	Phoenix Striders
70	00:57:17	Michael Groombridge	535	Veteran	Male	Pitsea RC
71	00:57:28	Charley Lesslie	542	Veteran	Female	Phoenix Striders
72	00:57:30	Karen Dymock	520	Veteran	Female	Phoenix Striders
73	00:57:39	Jenni Paterson	617	Veteran	Female	Leigh on Sea Striders
74	00:58:06	Jason Manning	559	Veteran	Male	Dagenham 88 Runners
75	00:58:11	Victoria Gallagher	583	Senior	Female	
76	00:58:12	Emily Sheppard	539	Senior	Female	Phoenix Striders
77	00:58:23	Dan Hutson	565	Veteran	Male	Phoenix Striders
78	00:58:27	Lisa Collins	580	Veteran	Female	
79	00:58:38	Christopher Eates	500	Veteran	Male	Phoenix Striders
80	00:58:48	Steven Lovett	568	Veteran	Male	Phoenix Striders
81	00:58:49	Mick Staines	609	Veteran	Male	
82	00:58:53	Charlotte Thomson	624	Senior	Female	Phoenix Striders
83	00:59:22	Andrew Halling	602	Veteran	Male	Flyers Southend
84	00:59:29	Paul Smith	587	Veteran	Male	Dagenham 88 Runners
85	01:00:34	Derek Appleton	514	Veteran	Male	Phoenix Striders
86	01:01:06	Shaun Watkins	553	Senior	Male	
87	01:01:06	Tony Griffin	547	Veteran	Male	Pitsea RC
88	01:01:09	Brad Binos	554	Senior	Male	
89	01:02:24	Steven McCarthy	576	Veteran	Male	Phoenix Striders
90	01:02:34	Neil Spooner	589	Veteran	Male	



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Place	Time	Name	ID	Cat	Gender	Club
91	01:02:56	Andy Body	533	Veteran	Male	Phoenix Striders
92	01:03:12	Christina Mupati	588	Veteran	Female	
93	01:03:49	Myra Potter	611	Veteran	Female	Leigh on Sea Striders
94	01:03:49	Darren Stiner	620	Veteran	Male	Thurrock Nomads
95	01:04:48	Kristine Smith	541	Veteran	Female	Billericay Striders
96	01:04:49	Julie Holmes	513	Veteran	Female	Phoenix Striders
97	01:04:50	Lisa Harland	519	Veteran	Female	Phoenix Striders
98	01:05:40	Lisa Tyrrell	581	Veteran	Female	
99	01:06:08	Debbie MacInnes	566	Veteran	Female	100 Marathon Club
100	01:06:36	Dean Batson	612	Veteran	Male	
101	01:06:37	Keiley Gardner	537	Veteran	Female	Harold Wood Running Club
102	01:07:00	Joy Leader	608	Veteran	Female	Phoenix Striders
103	01:07:12	Barry Tavener	551	Veteran	Male	
104	01:08:56	Marie Waite	597	Senior	Female	
105	01:08:58	Suzanne Figgins	546	Veteran	Female	Pitsea RC
106	01:09:35	Jenny Shade	523	Veteran	Female	Thurrock Nomads
107	01:10:04	Michelle Holman	560	Veteran	Female	Phoenix Striders
108	01:11:15	Wendy Turpin	532	Veteran	Female	Thurrock Nomads
109	01:11:44	Cheryl Goode	591	Veteran	Female	Pitsea RC
110	01:12:39	Karen Mckay	511	Veteran	Female	
111	01:16:23	Derek Staton	522	Veteran	Male	Thurrock Nomads
112	01:16:36	Christina Didham	524	Veteran	Female	Phoenix Striders
113	01:17:26	Amanda Jameson	538	Veteran	Female	Harold Wood Running Club
114	01:19:57	Andrew Clark	567	Veteran	Male	
115	01:28:46	David Mills	557	Veteran	Male	Phoenix Striders
116	01:44:47	Calum Dunning	516	Veteran	Male	
117	01:44:47	George Lewis	518	U16	Male	
118	01:44:48	Sandra Lewis	515	Veteran	Female	
119		Beryl DeSmedt	Sweeper	Veteran	Female	Phoenix Striders